

# GISST Training Schedule 2024-25

## Winter Season (January - March 2025)

	Monday	Tuesday	Wednesday	Thursday	Friday
Gym 1.0	<b>U14 Girls Volleyball</b> 4:00 - 5:30 pm Jan 13 - April 7	<b>Junior GISST Racket Sports Club G3-5</b> 4:00 - 5:30 pm Jan 7 - March 25	<b>U14 Girls Volleyball</b> 4:00 - 5:30 pm Jan 8 - April 9	<b>ASA</b>	<b>Varsity Girls Volleyball</b> (prep-season) 3:45 - 5:00 pm Jan 10 - April 11
		<b>U14 &amp; Varsity Table Tennis</b> 4:00 - 5:30 pm Jan 7 - March 25		<b>U14 &amp; Varsity Table Tennis</b> 4:00 - 5:30 pm Jan 9 - March 27	<b>Varsity Boys Volleyball</b> (prep-season) 3:45 - 5:00 pm Jan 10 - April 11
Gym 2.0	<b>U14 Boys Volleyball</b> 4:00 - 5:30 pm Jan 13- April 7	<b>Varsity Boys Basketball</b> 4:00 - 5:30 pm Jan 7 - March 25	<b>U14 Boys Volleyball</b> 4:00 - 5:30 pm Jan 8- April 9	<b>Varsity Boys Basketball</b> 4:00 - 5:30 pm Jan 9 - March 27	
	<b>Junior GISST Team Sports Club G3-5</b> 4:00 - 5:30 pm Jan 13 - March 24	<b>U14 Boys Basketball</b> 4:00 - 5:30 pm Jan 7 - March 25	<b>Junior GISST Running Club G3-5</b> 4:00 - 5:00 pm Jan 8 - March 26	<b>U14 Boys Basketball</b> 4:00 - 5:30 pm Jan 9 - March 27	
		<b>U14 Girls Basketball</b> 4:00 - 5:30 pm Jan 7 - March 25		<b>U14 Girls Basketball</b> 4:00 - 5:30 pm Jan 9 - March 27	
University Swimming pool	<b>U14 &amp; Varsity Swimming</b> 4:00 - 5:00 pm Feb 10 - June 16				<b>G3-5 Swimming</b> (advanced level) G3 2:30 - 3:15 pm G4-5 3:15 - 4:00 pm Feb 7 - June 27